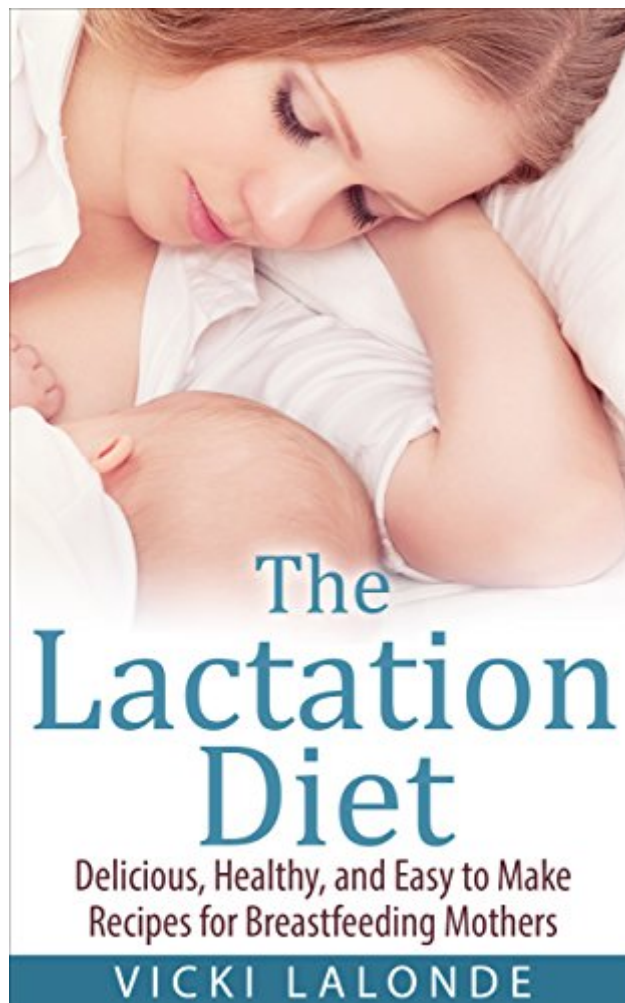




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The Lactation Diet: Delicious, Healthy, And Easy To Make Recipes For Breastfeeding Mothers



Synopsis

Breastfeeding is one of the most effective ways to ensure child health and survival. The 50 recipes in this book all focus on you, the new mom. There are five recipes for a healthy meal, 32 recipes for booby smoothies, 11 recipes for a fun drink for new mommies, and two miscellaneous recipes. With 32 recipes for booby smoothies, you can make a new one each day of the month. Recipes You Will Discover Inside Mommy on the go Bars (Energy Bars) Banana Fat Booby Buster Chocolate Walnut Booby Smoothie Detox Booby Tea Not so Bloody Mary Mommy's Night Out Margarita Would You Like to Know More? It is important to take care of yourself while you are nursing a newborn. The recipes in this book are healthy, easy to make, and a fun treat. Make one today to help you stay healthy, nourish your body, and for a quick pick-me-up when you need one. Where else can you find 50 recipes just for moms that are lactating? Scroll up and grab your copy of The Lactation Diet now!

Book Information

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Customer Reviews

I am going to give birth to a little one soon so figuring out what to eat to enhance the vitamins in my breast milk has been a struggle. But the recipes in this book are really self-explanatory and tasty!

My wife loves this book. She is always looking out for the little ones and this is a great way to make

sure her milk is full of nutrients!

My wife loves this.. Her favorites so far:- Frootie Tootie Smoothie and-Minty Booby Smoothie

Great recipes with essential nutrients for my little one :)

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